

Homage to the Blessed One, the Worthy One, the Highest Self Enlightened One!

Nibbana 1

Access to Insight

2014-11-17

Nibbana names the transcendent and singularly ineffable freedom that stands as the final goal of all the Buddha's teachings.

Defined in terms of what it is...

“This is peace, this is exquisite — the resolution of all fabrications, the relinquishment of all acquisitions, the ending of craving; dispassion; cessation; Nibbana.”

— AN 3.32

The enlightened, constantly absorbed in jhana, persevering, firm in their effort: they touch Unbinding, the unexcelled safety from bondage.

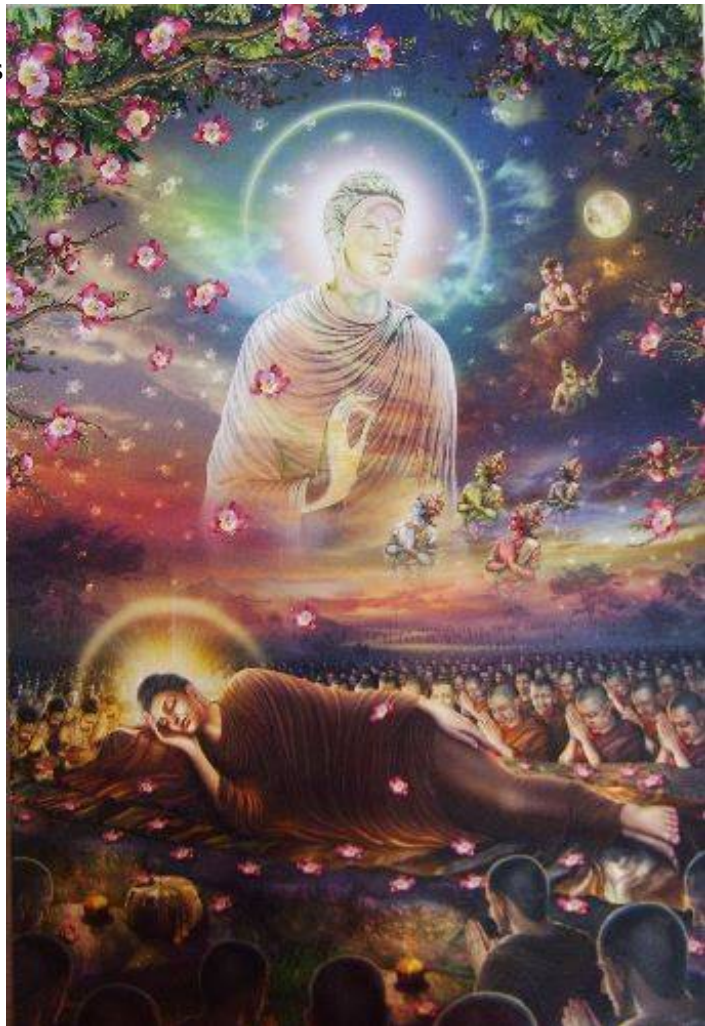
— Dhp 23

...and in terms of what it is not

“There is that dimension where there is neither earth, nor water, nor fire, nor wind; neither dimension of the infinitude of space, nor dimension of the infinitude of consciousness, nor dimension of nothingness, nor dimension of neither perception nor non-perception; neither this world, nor the next world, nor sun, nor moon. And there, I say, there is neither coming, nor going, nor stasis; neither passing away nor arising: without stance, without foundation, without support [mental object]. This, just this, is the end of stress.”

— Ud 8.1

“There is, monks, an unborn — unbecome — unmade — unfabricated. If there were not that unborn — unbecome — unmade — unfabricated, there would not be the case that emancipation from the



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born — become — made — fabricated would be discerned. But precisely because there is an unborn — unbecome — unmade — unfabricated, emancipation from the born — become — made — fabricated is discerned.”

— Ud 8.3



Where water, earth, fire, & wind have no footing: There the stars do not shine, the sun is not visible, the moon does not appear, darkness is not found. And when a sage, a brahman through sagacity, has known [this] for himself, then from form & formless, from bliss & pain, he is freed.

— Ud 1.10

“The Ten Paramis 1 — S. N. Goenka.” [Click on the video to play it. View Full Video >](#)

May all be happy and well!

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